



Measurements	Ultimate Reset Milestone	Day 1	Day 8	Day 15	Day 22
	Date				
	Body Fat (Jackson/Pollock 3 Caliper Method) Go to: http://www.linear-software.com/online.html	Chest - ____ mm Abs - ____ mm Thigh - ____ mm BF% = ____	Chest - ____ mm Abs - ____ mm Thigh - ____ mm BF% = ____	Chest - ____ mm Abs - ____ mm Thigh - ____ mm BF% = ____	Chest - ____ mm Abs - ____ mm Thigh - ____ mm BF% = ____
	Weight				
	BMI Go to http://www.bmi-calculator.net/				
	Chest				
	Hips				
	Right Thigh				
	Left Thigh				
	Right Arm				
	Left Arm				

Blood Test	Ultimate Reset Milestone	Day 1	Day 8	Day 15	Day 22
	Date				
	BP (Systolic)				
	BP (Diastolic)				
	Glucose (mg / dL)				
	Triglycerides (mg/dL)				
	Total Cholesterol (mg/dL)				
	Chol / HDL Ratio				
	High-Density Lipoprotein - Good Chol (mg/dL)				
	Low-Density Lipoprotein - Bad Chol (mg/dL)				

WORKSHEETS COMPLETED BY:
COACH MIKE ROBERTS

TEAMRIGHTNOW.COM
TEAMRIGHTNOW@GMAIL.COM

